

# Ashley Judd finds her new television role in Missing

Metro looks at five new shows on the spring schedule PAGE 10

OTTAWA

# metro

®

Monday, March 5, 2012



News  
worth  
sharing.

metronews.ca | m.metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa



## Rich parents don't always mean higher grades: study

**Education.** Top scoring Ottawa school, La Source in Orleans, 9.8 out of 10 on Fraser Institute School Report Card

Although parents' income influences children's standardized test marks, it isn't the only factor, according to a study released Sunday.

The Fraser Institute School Report Card uses standardized tests in Grades three and six to calculate scores out of 10 for each school.

The study also tracks local average family incomes and gauges if schools meeting expecta-

tions based on income.

For example, two West End schools, Elmdale Public School and Woodroffe Avenue Public School, both scored an above-average 7.6 out of 10.

Elmdale parents make \$195,000 a year on average — \$100,000 more than parents of Woodroffe Avenue students.

Statistical analysis of province-wide data by the institute shows schools with average family incomes of \$95,000 — the income at Woodroffe Avenue — would have been expected to score 6.4 out of 10.

At 7.6, Woodroffe Avenue outperforms the statistical norm by 1.2 points. Elmdale Public School, however, is underperforming by 0.7 points, based on

parents' high income.

Study co-author Michael Thomas said the results show what happens in schools matters and the socio-economic status of families doesn't determine success.

"All kids can learn," he said.

But Ottawa scores appear to show income helps — with the lowest-scoring schools' parental average income in the \$20,000 to \$40,000 range and the highest-scoring schools generally above \$100,000.

Centennial Public School in Centretown and St. Michael Elementary School in Overbrook fared worst, both scoring 1.2.



JESSICA SMITH

jessica.smith@metronews.ca

## Government chops MOTHER TREE for highway extension

A protester perches atop what remains of a tree that Autoroute 5 opponents said was 300 years old. Opponents of the Autoroute 5 extension between Chelsea and Wakefield in Quebec distributed photos of the aftermath of crews cutting a path for the new road. CONTRIBUTED



HAVE LASIK NOW.  
TAKE UNTIL 2017  
TO PAY!



**LASIK MD**  
LASER VISION CORRECTION  
Starting at  
**\$490**  
Introlase SBK Available

FREE Consultation  
1-877-769-3030  
www.lasikmd.com

OTTAWA: Minto Place Atrium, 427 Laurier Ave West

\*Financed financing starting at 0.9% over 60 months subject to credit review. Caret Services credit approval subject to change without prior notice. Prices are subject to change without prior notice. LASIK starting at \$1,500 per eye. Application to surgery on both eyes only. Other conditions may apply.

IN PARTNERSHIP WITH



Photo: Sien Prim

## WE CAN TAKE YOU TO SPACE!

Metro will be the first newspaper to send a reader into space – and it could be you! Imagine feeling the sensation of weightlessness, seeing the planet from above and participating in the trip of a lifetime.

Visit [WWW.METROinspace.COM](http://WWW.METROinspace.COM) for your chance to win!

The winner of the contest will be announced on April 12th!



**metro** 

There are things that only world's largest newspaper can do.

[WWW.METROinspace.COM](http://WWW.METROinspace.COM)





## Fundraiser raises \$250K countrywide for arthritis- and autoimmune-disease research

Glenda Rodriguez stretches her arms during a yoga session at the Richelieu Vanier Community Centre Sunday during the Power of Movement fundraiser for arthritis and autoimmune-disease research. About 50 people opened up their arms and their wallets Sunday to support the 6th annual fundraiser. More than 22 communities across Canada participated in charity yoga sessions. Organizers said \$250,000 was raised nationally, and an estimated \$7,000 of that came from the Ottawa chapter. JOE LOFARO/METRO

# Politicians to protest alleged electoral fraud

### Investigation.

Elections Canada has done a good job so far investigating robocalls, but lacks the resources for a full investigation: May



**JESSICA SMITH**  
jessica.smith@metronews.ca

Politicians from three parties will join a rally on Parliament Hill Monday to protest alleged electoral fraud and call for an inquiry into the robocall scan-

### Green Party

**"We don't know who did this. The Conservative party says it wasn't them. We need to know who it was then. Clearly, it was a scheme designed to benefit the Conservatives."**

Green party leader Elizabeth May

dal.

Green party Leader and Saanich-Gulf Islands MP Elizabeth May, NDP MP for Winnipeg Centre Pat Martin, and Liberal Malpeque MP Wayne Easter are among the speakers attending the noon protest.

May said the three haven't spoken with each other about the rally, but she hopes it's a

sign of tri-partisan co-operation.

"The more that we have this remain a non-partisan issue the better," she said, adding she worked with MPs from all parties on the issue, including Conservatives.

May said she hopes public pressure from petitions, letters to the editor and the rally — along with similar rallies in



A Facebook photo posted by Kat Nguyen Hee shows the turnout at Saturday's Rally Against Voter Suppression by robocalls in Vancouver. FACEBOOK.COM

other cities — will force the prime minister to call an inquiry.

"We need to get to the bot-

tom of it. We need to know who orchestrated it, who paid for it, what happened," she said.

# 1 NEWS



On metronews.ca

## NHL stars add their voices to movement fighting homophobia

First, it's Rick Nash. Then Duncan Keith, Brian Boyle, Matt Moulson, Joffrey Lupul, Claude Giroux, Daniel Alfredsson, Scott Hartnell, Corey Perry, Andy Greene, Dion Phaneuf and Henrik Lundqvist. As each of the NHL players repeats a simple message in a powerful public-service announcement released Sunday, they add their voice to a growing movement aimed at creating a level playing field in the sport, regardless of sexual orientation.



**PANDORA®**  
UNFORGETTABLE MOMENTS



**Free Gift With Purchase  
March 8<sup>th</sup>–11<sup>th</sup>**

Receive a PANDORA clasp bracelet (a \$75 CAD retail value) with your purchase of \$150 or more of PANDORA jewellery.\*

\*Before taxes. Good while supplies last, limit one per customer. Charms shown on bracelet are sold separately.

**PANDORA® STORE**

St. Laurent Centre  
Rideau Centre  
Ottawa, ON

**JUBILEE**  
FINE JEWELLERS  
Since 1952

St. Laurent Centre  
Bayshore Shopping Centre  
Carlingwood Mall



## Party politics

## NDP leadership debate gets testy

Montreal MP Thomas Mulcair, who is leading the NDP leadership race in terms of fundraising, faced several attacks from his opponents during a debate Sunday, as the race moves into the final stretch.

THE CANADIAN PRESS

## Diplomatic duo

## Rae meets with Netanyahu

Israeli Prime Minister Benjamin Netanyahu met with Liberal Leader Bob Rae Sunday as he ended a brief visit to Canada. The meeting touched on Iran's nuclear ambitions and the ongoing Israeli-Palestinian dispute.

THE CANADIAN PRESS



Interim Liberal Leader Bob Rae

/ ADRIAN WYLD/THE CANADIAN PRESS

## Infrastructure incident

## Olympic stadium still crumbling

A giant concrete block fell Sunday from the ceiling of an underground parking facility in Montreal's Olympic Stadium. A security guard spotted the fallen slab and alerted emergency officials.

THE CANADIAN PRESS

## Charter crash

## Bus accident kills two seniors

A charter bus trip from Thetford Mines, Que., to a casino in the U.S. turned deadly on Saturday when the vehicle veered off the road and flipped into a ditch, killing two elderly passengers on board.

THE CANADIAN PRESS

## Transportation talk

## VIA crash spurs safeguard calls

An investigation over a deadly VIA train derailment last week in Ontario has revived calls for automated safeguards that could take over in a crisis and reduce the risk of potentially fatal mistakes.

THE CANADIAN PRESS

# Study warns outdoor hockey may be doomed

**National pastime.** Global warming affecting ice rinks across the country, U.K. report suggests

Canada's favourite pastime is on its way to being an indoor-only sport in some areas of the country, a new study warns.

The study, to be released Monday by United Kingdom-based IOP Publishing, says outdoor ice hockey in Canada is being threatened by climate change.

Lawrence Mysak, co-author of the report and a professor at McGill University in Mont-

real, said warmer winter temperatures caused by climate change is restricting the operation of ice rinks.

"We were able to see that in general, the rinks were being opened later and later over the last ... 50 years," said Mysak from Montreal last week.

Mysak fears the gradual warming of the Earth caused by burning fossil fuels could eventually cause the beloved outdoor activity to perish within several decades.

Regions that are being hit the hardest are the Prairies, southeastern British Columbia and southern Ontario and Quebec. The Maritimes and northern parts of the country did not see significant changes, he said. **THE CANADIAN PRESS**



## Aiming to remember the past

Marvin Recker, 74, the great-grandson of War of 1812 soldier William Caldwell, closes his eyes as he fires his weapon on Sunday during a ceremony marking the anniversary of the Battle of the Longwoods. The ceremony took place at the actual site of the battle that occurred near Wardsville, Ont., on March 4, 1813, during the War of 1812. / DAVE CHIDLEY/THE CANADIAN PRESS

## On ice

- Using weather data from more than 140 weather stations across Canada since the 1950s, the researchers calculated the annual start date and length of

the outdoor skating season.

- The start of the season is considered the last of three days where the maximum temperature does not exceed -5 C.

## Surprise workplace visits 'legitimate strategy': CSIS

Canada's spy agency considers surprise workplace visits to be a "legitimate investigative

strategy" despite persistent public concerns about the practice, a newly disclosed policy memo says.

The memo surfaced recently further to a complaint lodged by an Ottawa woman who took exception to being visited by Canadian Security Intelligence Service officers at her office.

The previously secret docu-

ment shows that CSIS makes it a point to suddenly turn up at people's offices in order to intimidate them, said Paul Champ, the woman's lawyer.

"It's a strategy to make people uncomfortable and to coerce them into speaking to CSIS. I think that's clearly the intent of the policy," he said.

"It's about catching people

off guard and unsettling them. They know that it causes fear in people, and that's precisely why they do it."

The woman, a Canadian of Middle Eastern origin, does not want her name published, given the unwanted attention she has already received, Champ said.

THE CANADIAN PRESS

metro

# SNAP OF THE DAY



"Morning Glory"  
submitted by J. Watts

To see your "snap of the day" appear in Metro Ottawa email your photo along with your name and photo title to: [snapoftheday@metronews.ca](mailto:snapoftheday@metronews.ca)

Sponsorship opportunities available for this feature. Call 613-369-5430

THE  LUNG ASSOCIATION™

TULIP DAY!

March 7, 2012

*The Breath of Spring*

Buy tulips. Save a life.

[www.tulipday.ca](http://www.tulipday.ca) • 1-888-344-LUNG

When you can't breathe, nothing else matters.™



# Putin wins Russia's presidential election

**Politics.** Independent observers allege fraud in nationwide vote

Vladimir Putin claimed victory in Russia's presidential election before tens of thousands of cheering supporters Sunday, even as the opposition and independent observers insisted the vote had been marred by widespread fraud.

At a massive rally just outside the Kremlin, Putin thanked his supporters for helping foil plots aimed at destroying Russia, sounding a nationalistic theme that has resonated with the prime minister's core supporters amid a wave of unprecedented protests.

"I have promised that we would win and we have won!" he shouted to the crowd, which responded with shouts of support. He said the vote showed the majority of Russians have rejected "political provo-



Vladimir Putin reacts at a rally of supporters after claiming victory in Russia presidential election. IVAN SEKRETAREV/ THE ASSOCIATED PRESS

cations" by his opponents aimed at "destroying Russia's statehood and usurping power."

Putin tallied 58-59 per cent of the vote, according to exit polls cited by state television. Communist Party candidate Gennady Zyuganov received about 18 per cent, according to the surveys, and the others — nationalist Vladimir Zhirinovskiy, socialist Sergei Mironov and billionaire Mikhail Prokhorov — were in single digits.

Official vote results from the far eastern regions and Siberia, where the count

was already completed, seemed to confirm the poll data. With about 60 per cent of all precincts counted, Putin was leading the field with 65 per cent of the vote, the Central Election Commission said.

If thousands of claims of violations made by independent observers and Putin's foes are confirmed, they would undermine the legitimacy of his victory and fuel further protests by Russians exasperated with corruption, rising social inequality and tight controls over political life.

**THE ASSOCIATED PRESS**



## Deaths mount in train crash

An aerial view taken from a paraglider shows the site of a train crash near the town of Szczekocin, southern Poland Sunday. Two trains collided head-on in southern Poland late Saturday, killing more than a dozen people and injuring more than 50.

GRZEGORZ MISIAK/ THE ASSOCIATED PRESS

### Explosion

## Congo arms blast kills hundreds

Buildings collapsed in the Congolese capital after an arms depot exploded Sunday, killing at least 206 people and entombing countless others including inside a church, where dozens were attending mass, officials and witnesses said. A morgue in Brazzaville took in 136 bodies Sunday, as more continued to arrive.

**THE ASSOCIATED PRESS**

### Kim Jong-un

## N. Korea leader orders troops on high-alert

North Korean leader Kim Jong-un visited the heavily armed border with rival South Korea and ordered troops to be on high alert, state media reported Sunday, just days after Washington and Pyongyang agreed to a nuclear deal after years of deadlock.

**THE ASSOCIATED PRESS**

# The Unlimited After Work plan

Unlimited when you need it to be



**Unlimited evenings from 5 p.m.**  
**Unlimited weekends**  
**Unlimited texts anytime**  
**150 weekday minutes**  
**Per-second billing**

Only  
**\$25**  
per month<sup>1</sup>

**1<sup>st</sup> month FREE!**  
with Fido Agreement

**fido**



LG Optimus 2X  
**\$0** ~~\$30~~  
with select 3-year Fido Agreements<sup>2</sup>  
You save \$425

Motorola RAZR V  
**\$50** ~~\$100~~  
with select 3-year Fido Agreements<sup>2</sup>  
You save \$475

Galaxy Nexus  
**\$160**  
with select 3-year Fido Agreements<sup>2</sup>  
You save \$440

Get the Fido ADVANTAGE™

FidoDOLLARS FidoANSWERS



Discover the tab-free way

It's time to switch. Go to [fido.ca](http://fido.ca), visit a store or call 1-866-301-3436.



Offers subject to change without notice. A one-time \$35 Activation Fee applies; receive a credit for the entire amount of the \$35 Activation Fee on your invoice with new activation on a 2- or 3-year Fido Agreement. Device savings recovery fees and/or service deactivation fee apply according to the terms of your agreement. <sup>1</sup>Available for a limited time with new activation on a 2- or 3-year Fido Agreement. Applies only to monthly service fee of plan. <sup>2</sup>Additional airtime, long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. Local airtime minutes only. Plan includes messages sent from Canada to Canadian wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions), sent international texts and messages sent while roaming not included and charged at applicable rates. Subject to Fido Terms and Conditions & Acceptable Use Policy, [fido.ca/terms](http://fido.ca/terms). <sup>3</sup>With new activation on a 3-year Fido Agreement on plans of \$25 or more and eligible Data Add-on (\$10/100 MB Add-on excluded). Taxes extra. <sup>TM</sup>Portions of this page are reproduced from work created and shared by Google and used according to terms described in the Creative Commons 3.0 Attribution License. All other brand names and logos are trademarks of their respective owners. Fido & design, Fido ADVANTAGE, FidoDOLLARS and FidoANSWERS are trademarks used by Fido Solutions. © 2012

## Enbridge pipeline crash. Two men killed, three others injured

**Crude transport.** Pipeline carries 317,000 barrels of oil per day. Oil leak sealed with no environmental impact, say officials

Enbridge Inc. has shut down a pipeline that carries oil from Canada to the U.S. after two vehicles crashed through a fence outside Chicago and struck the pipeline, causing a

fiery explosion.

Police in New Lenox, Ill., say two men were killed and three others, all in their 20s, were injured in the Saturday crash.

Enbridge spokeswoman Loraine Little says the pipeline was shut down when sensors detected a drop in pressure. A second, undamaged line was also shut down as a precaution.

Little says the undamaged line has reopened, but Line 14 remains closed and likely won't be restarted until later this week. **THE CANADIAN PRESS**

## Social media site trumps. A stumble upon success tailoring links to users

StumbleUpon may not have the same household-name cachet as Air Canada, Canadian Tire, Costco or Sears, but online, the Canadian-born social media site trumps them all.

According to Alexa.com, StumbleUpon ranks just inside the Top 100 most-visited websites in Canada and the U.S. — ahead of all those huge brands and big names, including Facebook.

Not bad for a website that got its start in a Calgary dorm room about a decade ago, and has gradually been built into one of the biggest traffic drivers on the Internet today.

Users of StumbleUpon — of which there are now more than 20 million — are fed a random web links based on the list of interests they specify, such as beauty, fashion, literature, nutrition, pets and photos. Users can give a thumbs up or down to pages they “stumble upon,” which helps the website build a personalized taste profile.

“The vision was: how do you discover new and interesting content with very little effort?” said co-founder Garrett Camp, 33. “Up until about a year ago we were pretty under the radar ... but I think that's changing.”

**THE CANADIAN PRESS**



StumbleUpon CEO and founder Garrett Camp poses for a photo at his San Francisco headquarters. (JEFFERSON GRAHAM/THE CANADIAN PRESS/THE ASSOCIATED PRESS)

### Environment

## Conservatives scrap charity agreement

The Conservative government cancelled an agreement with a charity that supports environmental causes eight months after energy firm Enbridge Inc. lobbied against the deal, The Canadian Press has learned.

The federal Fisheries Department said last September it would no longer use an \$8.3-million grant from the Gordon and Betty Moore Foundation, a U.S.-based environmental trust. The foundation donated the money through charity Tides Canada, which was to distribute the funds with federal oversight to support a departmental marine-planning initiative. **THE CANADIAN PRESS**

### Bank policy

## Budget promises finally met

The Conservatives are making good on a two-year-old budget promise by ensuring banks can't

hold personal cheques for more than four business days before freeing up funds. The change which affects cheques under \$1,500 was announced on Sunday by junior finance minister Ted Menzies. He announced several other consumer-friendly changes that were promised as far back as the 2010.

The changes ensure that cheques worth less than \$100 must be cashed immediately in person or the following day if deposited in a bank machine. **THE CANADIAN PRESS**

### Oil spill

## BP reaches victim settlement

A settlement that BP is hammering out with victims of the massive Gulf oil spill finally provides a system for monitoring health concerns and compensating people whose illnesses are found to have a link to the disaster.

Under the settlement, the British oil giant said it expects to pay out \$7.8 billion to settle a wide range of claims that also include property damage, lost wages and losses to businesses.

**THE ASSOCIATED PRESS**

### Market Moment



**DOW JONES**  
12,977.57  
(-2.73)

**NASDAQ**  
2,976.19 (-12.78)

**S&P 500**  
1,369.63 (-4.76)

**TSX**  
12,643.82 (-79.64)

**Dollar US \$ 1:** US\$ 101.15 (-\$0.28)  
**Oil:** US\$106.70 (-\$2.14)  
**Gold:** US\$ 1,709.80 (-\$12.40)  
**Natural Gas (per 1,000 cubic feet):** US\$2.48 (+\$0.2)

## 2<sup>nd</sup> Annual Celebrity Chefs of Canada

March 25, 2012

### Demos Hosted by:

Stuntman Stu and Angie Poirier – Majic 100  
Sandy Sharkey – BOB FM  
Kurt Stoodley – CTV Morning Live  
Leanne Cusack – CTV Ottawa

Presented by

**GARLAND**  
Canada  
We Bring Innovation Into Canada's Kitchens!

**ARC**  
THE HOTEL

## Canada's top chefs showcase the best in modern Canadian cuisine!

Meet Toronto's internationally known **Susur Lee**,  
Food Network star **Lynn Crawford**,  
and Vancouver's celebrated **Vikram Vij**,  
plus 14 other national and local celebrity chefs

[nac-cna.ca/celebritychefs](http://nac-cna.ca/celebritychefs)



**NATIONAL ARTS CENTRE**  
CENTRE NATIONAL DES ARTS



A representative of the Honda booth works next to a car prior to the opening of the 82nd Geneva International Motor Show in Switzerland on Saturday. The Motor Show will open its gates to the public from the 8th to the 18th of March presenting more than 260 exhibitors and more than 180 world and European premieres.

## European car market too saturated: Analyst

As automakers prepare to roll out new models this week at the Geneva Auto Show — one of the major events in the automotive calendar — they are being forced to fight for a slice of an ever-shrinking European market stricken with austerity and recession.

Carmakers are also having to confront the uncomfortable fact that a large number of their production lines are lying idle and eating up valuable funds. This problem of overcapacity and underused factories is one that automakers have long lamented, but can no longer ignore. Fiat, PSA Peugeot-Citroen,

Opel, Renault and Ford Europe are losing money in Europe — even when sales in emerging economies such as China help keep the companies in the black. Gaining a competitive edge with new models and updated technologies may be part of the cure. But the tougher medicine will mean taking an axe to European factories.

“There are too many cars, and too many brands making similar cars. There is going to be lots of consolidation in the European market, and closed plants, and consolidation of brands,” said analyst Tim Urquhart. **THE ASSOCIATED PRESS**

### Sales vs. production

- Car sales in Europe are forecast this year to decline nearly 5 per cent to 12.9-million units, according to the Center for Automotive Research — down from 15.7 million in 2000.
- Industry executives have estimated that Europe's car industry has the production capacity to build 20 per cent more vehicles than they are able to sell, which hurts the ability to compete and bottom line.



# LYING BACK AND THINKING OF LIGHT-RAIL TRANSIT



**URBAN COMPASS**  
Steve Collins  
ottawa@metronews.ca

It's easier to be philosophical about taxes when you're not staring at an actual bill. I generally agree with former American Supreme Court justice Oliver Wendell Holmes, who famously said, "I like to pay taxes. With them I buy civilization," even if I have occasional trouble mustering his level of enthusiasm. (When Holmes died, he willed the biggest chunk of his estate to the U.S. government).

This year's interim property-tax bills have arrived, and are due March 15. As an inevitability, tax bothers me a lot

## What's mine is ...

The neighbourhood is yours, too, but maybe not the park in it. The roads are "ours," by which I'll assume the city means everyone's, and the bus is just the bus, with nobody claiming particular ownership or blame.

less than death does, but that still won't make coughing up an unalloyed pleasure. I'll get through it by lying back and thinking of light rail.

The City of Ottawa sends out a two-page pamphlet with the bill, including a breakdown of where the money goes (17 per cent each to police and transit, six per cent to parks and recreation, three per cent to libraries). A full page is devoted to how you can pay, but only a single paragraph suffices to explain why, with some curious pronoun choices:

"Your property taxes pay for the city services *you* and *your*

family enjoy every day. Every time *you* travel *our* network of roads and pathways, take a bus or enjoy the parks in *your* neighbourhood, *your* property tax dollars are at work. When *you* visit *your* local library and when *you* get *your* flu vaccination at a public health clinic, *your* taxes are working for *you*. From garbage to recycling collection to the frontline emergency services *we* all rely on to stay safe, *your* tax dollars go the distance." (Emphasis added.)

To recap, then, the taxes (and the tax bill) are definitely yours, ditto the local library branch and a flu shot. The neighbourhood is yours, too, but maybe not the park in it. The roads are "ours," by which I'll assume the city means everyone's, and the bus is just the bus, with nobody claiming particular ownership or blame.

If you rent an apartment, you don't get these itemized bills, but rest assured you still pay property tax through your rent, and at a rate up to 1.7 times what homeowners pay. Many tenants believe this is unfair, but many more probably aren't even aware. For that kind of scratch, you might expect a statement from the city or your landlord transparently showing the tax you pay.

## Weird news. You stole my heart, literally

Somewhere in Ireland, a burglar has the heart of a saint.

Officials at Christ Church Cathedral in Dublin said Sunday they're distraught and perplexed over the theft of the church's most precious relic: the preserved heart of St. Laurence O'Toole, patron saint of Dublin.

O'Toole's heart had been displayed in the cathedral since the 13th century. It was stored in a heart-shaped wooden box and secured in a small, square iron cage on the wall of a chapel dedicated to his memory.

On Saturday someone cut through two bars, pried the cage loose and made off with the relic.

"I am devastated that one of the treasured artifacts of the cathedral is stolen," said Rev. Dermot Dunne, the cathedral's dean. "It has no economic value but it is a priceless treasure that links our present foundation with its founding father."

Ireland's churches have suffered a spate of such robberies of irreplaceable, but also hard to sell, religious artifacts. **THE ASSOCIATED PRESS**

# Move aside, American Idols



FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

## Key West

### Catch your breath for Conch Shell Blowing Contest

Claire Hurd blows a decorated conch shell during the 50th Annual Conch Shell Blowing Contest in Key West, Fla.

Smith and more than 50 other contestants were judged at the event that took place on Saturday.

**THE ASSOCIATED PRESS**

## Tooting your own horn

"I'm all about preserving the heritage of my home town. This is just one small piece that I get to contribute to helping preserve that history."

Clinton Curry, 38

A seventh-generation Key Wester, who first blew a conch shell as a child, and took top honours at this year's festival

## History

- The event drew more than 50 entrants, ranging from young children to seniors, who were judged on quality, novelty, duration and loudness.
- The contest was conceived by the Old Island Restoration Foundation, founded in 1960 to advocate the preservation of Key West's culture as well as historically significant buildings.

## Tradition

### It's called the Conch Republic

The fluted, pink-lined conch shell has been blown in Key West since the early 1800s, when seafaring settlers used it as a signaling device. Native-born islanders like Curry are commonly called Conchs, and the Florida Keys are known as the Conch Republic.

**THE ASSOCIATED PRESS**

# New meaning given to 'put your money where your mouth is'

## News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

These dental professionals are giving new meaning

to "put your money where your mouth is."

Three years ago, a coalition of independent Canadian dental hygienists launched an event called Gift from the Heart, to provide free preventative dental care to people who could not afford it.

Michelle Black, a dental hygienist who operates her own clinic, Confident Smiles Dental Hygiene, lo-

cated in the Glebe, opened her clinic and her heart, this February 11. Black was overjoyed to be able to use her profession to help people in a meaningful way.

"This year I saw five people, did four complete assessments and cleanings and one oral-cancer screening during eight hours.... I will definitely be participating again next year. It's so wonderful to be able to do

what I do and use my skills to help people," said Black. For more information about Gift from the Heart, visit: [giftfromtheheart.ca](http://giftfromtheheart.ca). **CRAIG AND MARC KIELBURGER**

E-mail us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to [goodnews@metowe.com](mailto:goodnews@metowe.com) and we'll share them right here.





## Lifetime Rate Guarantee

- No matter where you call
  - No matter what rate you currently pay with your provider...
- We'll beat it... GUARANTEED!**

### Make long distance calls even from your Mobile Phone

#### Unlimited Canada



Unlimited calling to anywhere in Canada

**\$5** /month

#### 1 Cent to India



1000 minute bundle only \$10/month

**1¢** /minute

 Bangladesh	 Iran	 Lebanon	 Romania	 Ukraine
 Australia	 Israel	 South Korea	 Sri Lanka	 Trinidad
 Bosnia	 Italy	 Lebanon	 Mexico	 U.A.E.
 China	 Pakistan	 Philippines	 Poland	 Russia
 Colombia	 Cuba	 El Salvador	 Germany	 India
 Cuba	 Mexico	 U.K.	 Vietnam	 Serbia

Every Month

**30 Minutes  
FREE Long Distance**

(To Canada & USA)

Lowest Rate Guarantee... No Contracts



**comwave**

**1-866-770-8085**

www.comwave.ca



While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competitor's lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minutes plans or prepaid calling cards due to their inaccurate billing criteria. Bundled minute plans cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Excess minutes will be billed at our lowest rate guarantee. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.ca for details.





# comwave Home Phone

## All Features **FREE**

**FREE**

**Voicemail**

**FREE**

**Caller ID**

**FREE**

**Call Waiting**



**Switch today and start saving up to \$500.00 a year!**

### Unlimited Local

- ✓ Unlimited local calling
- ✓ 14 free features

**\$14<sup>95</sup>**  
/month



### Unlimited Canada

- ✓ Unlimited local calling
- ✓ 14 free features
- ✓ Unlimited Canada calling

**\$19<sup>95</sup>**  
/month



### Unlimited Global

- ✓ Unlimited local calling
- ✓ 14 free features
- ✓ Unlimited North America calling
- ✓ Unlimited calling to almost 60 countries

**\$29<sup>95</sup>**  
/month



**Limited Time Offer**

# 6 Months **FREE**

**Your Satisfaction is Guaranteed or You Pay Nothing!**



**comwave**

# 1-866-770-8085

[www.comwave.ca](http://www.comwave.ca)



While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES VoIP 911 has certain limitations versus traditional 911. All Unlimited Plans do not include calls to the Yukon, Northwest, Alaska and Hawaii. The 6 Month Free Promotion is based on a \$19.95/month and includes a 30 Day Satisfaction Guarantee period. The Global Plan includes a 30 Day Satisfaction Guarantee period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guarantee Period with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 30 days, you will receive an additional 3 months free for a total of 6 months free. Save \$500 this year is calculated using Bell's Home Phone plan with 8 additional features plus Voicemail over a period of 12 months, minus the cost of Comwave Home Phone plan over 12 months when including the 6 months free promotion. Terms and conditions apply. See [www.comwave.ca](http://www.comwave.ca) for details.

It's time for the networks to do a little spring cleaning on their prime-time lineups. Metro takes a look at five new shows to find what's in season and what's out of date.

AMBER RAY, METRO WORLD NEWS  
scene@metronews.ca



Ashley Judd stars in *Missing* / HANDOUT

### Missing: March 15, CTV

**The plot:** A former CIA agent tears through Europe in search of her son, whom she suspects has been abducted.

**Smells like:** Taken, with Ashley Judd in the Liam Neeson role.

Remember that scene in *Taken*? "I don't know who you are. But if you don't let my daughter go, I will find you. I will kill you," Neeson says. To what lengths is Judd's character willing to go in *Missing*?

"In a flashback, you see my husband and me working as CIA operatives together, and we are faced with some really wrenching moral dilemmas," Judd says. "[Now the question is, 'Will I potentially set aside my values and integrity in order to accomplish what seems to be a more precious goal, which is save my child?']"

# 5

## TV shows for spring



A scene from *Magic City* / HANDOUT

### Magic City: April 6, Starz

**The plot:** In late-1950s Miami, the swanky Miramar Playa Hotel plays host to everyone from Frank Sinatra to the CIA as Castro's army rises in Cuba. The series follows the drama surrounding the family (headed by Jeffrey Dean Morgan) that runs the resort.

**Smells like:** Mad Men with gangsters.

*Magic City* creator Mitch Glazer grew up in Miami Beach and says he's been "squirreling away" stories from this era to write into a show. "The cool thing was, besides the beauty and the glamour [of the '50s and '60s], there were also really amazing things happening in the world," Glazer says.

# 5

# 4

### Frozen Planet: March 18, Discovery

**The plot:** This documentary from the team behind *Planet Earth* uses its incredible filmmaking technology to capture an unprecedented glimpse of life at Earth's polar regions.

**Smells like:** Planet Earth on ice.



*Frozen Planet* / HANDOUT series producer Vanessa Berlowitz, referring to global warming. "In some ways, we feel that this series may be a last chance to see these great wildernesses on our planet before they change forever. I hope that's going to be the legacy of the series."

"We were really motivated as a team to go and create this kind of ultimate portrait of the polar regions, because I think everyone's aware that there's a lot of change going on," says

# 3

### Touch: March 22, Global



Kiefer Sutherland stars in *Touch* / HANDOUT

**The plot:** Kiefer Sutherland plays Martin, a widower struggling to provide for his emotionally challenged mute son, Jake, who has the ability to see patterns that connect everything in the world.

**Smells like:** Heroes meets Crash.

Tim Kring, the mastermind behind *Heroes*, is the creator of *Touch*. "In terms of Jake's character being like a character on *Heroes*," Kring says, "we probably had some characters that had various abilities that would be kind of in that [same] category."

### Scandal: April 5, Citytv



Kerry Washington / HANDOUT

**The plot:** Kerry Washington stars as a Washington, D.C., "fixer," the head of a crisis-management firm who can resolve any conflict — except those in her personal life.

**Smells like:** Grey's Anatomy in the capitol

*Grey's Anatomy* creator Shonda Rhimes strips her trademark female lead of scrubs and transports her to D.C.

"I love my shows that have stethoscopes in them," says Rhimes, who also created *Private Practice*. "This is just a different story. My shows are not necessarily medical shows or political shows. They're shows about strong, smart women and flawed, interesting people."

#### Box office

- 1 Dr. Seuss' *The Lorax*, \$70.7 million
- 2 *Project X*, \$20.8 million
- 3 *Act of Valor*, \$13.7 million
- 4 *Safe House*, \$7.2 million
- 5 Tyler Perry's *Good Deeds*, \$7 million

**WINNER**  
OF THE 10-GAME  
SEASON-SEAT PACKAGE FOR  
THE SENS® 2012-13 SEASON:  
**BRYAN JONES**



## POWERING FORWARD

Get your 2012-13 season seats before March 15  
for great savings and access to the  
**Stanley Cup Playoffs!**

Half-season packages start at \$28.33<sup>^</sup> per seat, per month.

ONLINE: [ottawasenators.com](http://ottawasenators.com)

BY PHONE: 613-599-0200 (toll-free 1-800-444-7367)



HOCKEY MAKES US...

PRESENTED BY

OTTAWA CITIZEN

<sup>^</sup>Net pricing incl. CRF but excl. tax & handling fee. ©Registered trade-mark of Capital Sports & Entertainment Inc.

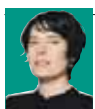




Jason Isaacs, right, stars in *Awake* / HANDOUT

# The newest Fringe: Are TV audiences ready to stay Awake?

**Alternate dimensions.** A detective searching for the truth. But in *Awake*, there's "no sci-fi," insists star Jason Isaacs, best known for his role in *Harry Potter*.



AMBER RAY  
Metro World News  
scene@metronews.ca

Jason Isaacs, best known for his portrayal of the *Harry Potter* villain Lucius Malfoy, may have hung up his broomstick, but fantasy remains at the forefront of his latest project.

The psychological drama *Awake* is not a by-the-books *Law & Order* redux, that's for sure. In the show, Isaacs plays detective Michael Britten, who is involved in a deadly car accident with his wife and son — except, he's not sure if it was his wife or son who perished in the crash.

Britten has developed a unique coping mechanism that has convinced him he is living two realities. In one, his wife is alive, but his son is not. He falls asleep, wakes up, and lives the second reality: His son is alive, but his wife is not. The cycle alternates every day.

"In many ways I took the part because I wanted to see what Episode 2 was before anybody else read it," Isaacs jokes. But intrigue did play a major part in Isaacs' decision

to join the show. "It's just one of those incredibly simple yet powerful premises about your imagination: what if your dreams were so real that you didn't know you were dreaming?" he ponders.

The idea that Det. Michael Britten is living two lives brings into question whether or not he really is just dreaming. "There's no sci-fi," Isaacs insists. "He doesn't fly. Both worlds are equally and completely real — to him. But only one of them does exist."

## On tour. Kool & the Gang offer a Celebration to last through the years

Kool & the Gang are opening for Van Halen? This unlikely lineup sounds like the biggest tour on the planet ... circa 1982. But make no mistake, this is a double-bill that is hardly past its prime, as many of the shows on the tour are sold out.

Founding member Robert "Kool" Bell says that a group known for dancing the night away works well with a group known for jungle boogying.

### How did this whole tour come about?

We've known [Van Halen singer David Lee Roth] for a year. What happened was that he saw us performing at the Glastonbury show last August and we had about 60,000 people in front of our stage ... he saw us there and said, "I want you guys to open up for us."

### And had you crossed paths before? Both bands were on in the 1980s.

Well, that's one of the things that he brought to my attention. They were hot in the '80s, with *Jump* and some of their big records. They were the rock party band, and we were the pop-funk party band.



Kool & the Gang / GETTY IMAGES

### Tour dates

Catch Kool & the Gang in concert with Van Halen.

- Ottawa, March 21

### Though the '80s were big, you guys aren't really defined by those years.

Kool & the Gang have been playing since '64, and we've been dealing with changes every decade. But we've been blessed to make it through the '60s, the '70s, the '80s, the '90s and now the new millennium.

PAT HEALY/METRO BOSTON

## Rap superstar. Tyga on top of his game with hip-hop's hottest label

A new album and a national tour should have an artist feeling on top of the world.

But when you're a member of Young Money — home of Lil Wayne, Nicki Minaj and Drake — no one could blame you if you were a bit nervous.

Yet rapper Tyga seems to be at ease with his position at what is arguably hip-hop's hottest label.

Tyga's newest project, sophomore album *Careless World: Rise Of The Last King*, released last week, is on track to crack 70,000 in first-week sales — not bad, considering an uncleared sample kept physical copies out of stores.

It's an album that steps up his game while claiming a more diverse sound.

METRO

**Love.**  
**Happiness.**  
**Kids.**  
**Pick two.**  
**friends with kids**

## friends with kids OPENS ON MARCH 9TH AND YOU CAN SEE IT IN STYLE!

YOU COULD

WIN

**A \$250 GIFT CARD to spend on Gap's new BE BRIGHT COLLECTION and tickets to see friends with kids, starring JENNIFER WESTFELDT, KRISTEN WIIIG, JON HAMM & MAYA RUDOLPH when it opens in theatres!**

**SECONDARY PRIZES OF TICKETS TO SEE THE FILM ALSO AVAILABLE TO BE WON!**

Visit **clubmetro.com** to enter

To register and for full contest details visit [clubmetro.com](http://clubmetro.com)

©2012 VVS Films. Logo and design. VVS Films is a registered trademark. All rights reserved.



## Rihanna says she's not dating Chris Brown, and being single sucks

Despite rumours that she and Chris Brown have been reuniting, Rihanna insists that she's not dating anyone — and it's driving her crazy.

"I am a single lady. This is not something I enjoy. Single life is so overrated," she tells Jonathan Ross during an interview for his U.K. talk show.

"You always want to be single when you are in a relationship, but trust me it is no bueno."

### Rihanna reacts to rumours

"I am a single lady. This is not something I enjoy. Single life is so overrated."

Rihanna



## Zac Efron talks about his embarrassing moment on the red carpet

Zac Efron came clean about a condom falling out of his pocket on The Lorax red carpet when pressed by the Today show's Matt Lauer on the topic.

"I never had a pocket-checking policy prior to going onto the red carpet before. But now we fully instated one," Efron joked.

The topic of conversation caused both men to blush and giggle, with Efron teasing Lauer back, "It was really hard for you to say" before agreeing that the importance



of being safe is "a great message."

METRO

## Arnold and Maria caught playing happy family

Despite separating last year, Maria Shriver appears to be looking to reconcile with Arnold Schwarzenegger, according to the New York Post.

"Arnold and Maria are having marriage counselling to work through their issues to get back together," a source says.

"Maria is a devout Catholic and doesn't believe in divorce, but is still struggling with the humiliation she

endured by him."

It was revealed last year that Schwarzenegger had fathered a 13-year-old child with a housekeeper, prompting Shriver to dump him.

Other sources have said the counselling rumours aren't true, but Schwarzenegger and Shriver were spotted having lunch together before doing some furniture shopping in Santa Monica, Calif., last week.

METRO



## Nick Cannon scales back his activities after a few health scares

Nick Cannon is opening up about his recent trips to the emergency room.

"It's a lot of stuff, but it's all in order now," Cannon tells People magazine.

"They kind of say [my] autoimmune [disease] is — like a lupus type of thing, but no one else in my family has it."

Cannon was first hospitalized for "mild kidney failure" in January, and then again a few weeks later because of a blood clot in his lungs.

"The blood clot thing was probably the scariest because I've known people who have passed away from that," Can-

non says.

His doctors' advice? Quit some of his numerous jobs — like his gig hosting a New York radio show, which he recently gave up. "I'm just trying to make sure I put my health first," he says.



**ENTER FOR YOUR CHANCE TO WIN**  
A RUN OF ENGAGEMENT PASS FOR TWO TO SEE  
JEFF WHO LIVES AT HOME!



IN THEATRES MARCH 16



To register and for full contest details visit clubmetro.com

Twitter



@jasonsegel

I've decided it's finally time for me to get a real "leading man" body. Like Marlon Brando in The Godfather.



@ElizabethBanks

Neon is new...again. I'm being inspired by all things hot pink



@SarahKSilverman

Dear people who Retweet the compliments you get: why do you do that?



@ConanOBrien

I would gladly trade all my fame and fortune for even more fame and fortune.

From actress to addict:

## Can Lindsay really make a comeback?



THE  
WORD

Dorothy Robinson  
scene@metronews.ca

Do you remember Lindsay Lohan when she was a talented child actress, before the puffy face and handcuffs?

We're struggling. The 25-year-old is now better known as an addict than as an actress, but has the combination of jail time, therapy

### Fame at a young age

Like other troubled former child stars (see: Drew Barrymore, Corey Haim, Corey Feldman, Britney Spears, to name just a few), Lindsay's unusual upbringing may have contributed to her current problems.

- **Lost childhoods.** "Child stars often become 'adult children' with highly stressful responsibilities. As young adults they sometimes attempt to re-capture their lost childhoods by acting out and behaving in self-destructive ways, which may be one of the reasons Lindsay has been so troubled," explains Gaba.

and community service at a morgue finally made her come to her senses?

Psychotherapist Sherry Gaba has doubts over Lohan's sobriety. "When a person is sober, they usually know their sobriety date without question. She did not give it in her most recent interview, so I am not so sure that she is," says Gaba of last week's chat with Matt Lauer for The Today Show.

On the other hand, Lohan's career seems to be back on track and she's being tipped for the coveted role of Elizabeth Taylor in the upcoming Elizabeth and Richard: A Love Story, provided she behaves.

"Getting and staying sober is a one day at a time program," says Gaba.

"Lindsay will need to continue to stay close to a recovery program that will need to include 12-step meetings, a sponsor, and possibly psychotherapy to deal with the underlying issues that have led to her numerous relapses."

Gaba believes there is no guarantee that Lohan will stay clean forever. "Only if she is willing to make her recovery her number one priority will she have an excellent chance of living a fulfilling and sober life."

ROMINA MCGUINNESS WROTE  
TODAY'S EDITION OF THE WORD.



Lindsay Lohan / ALL PHOTOS GETTY IMAGES

### What's the long-term solution for Lindsay?

"What she needs is relationships with people who have her back and bring out the best in her; not drag her down in their chaos."

Psychotherapist Sherry Gaba





If the YouTube videos are staged, what are the implications for the child? / ISTOCK

# When funny kid videos may be fake

**YouTube.** Every week, a new video appears online with a child doing something wacky or unique. But are they staged?



On YouTube, you'll find many adorable videos of kids singing Twinkle Twinkle Little Star, but one of them, titled *Girl Singing With Her Mouth Closed* funny hidden talent, has suddenly scored more than 420,000 views — and a number of negative comments.

"Wait, was that real?" asked one — as in, is it possible to sing with one's mouth closed?

"Fake," said another. "Fake but funny." "It's real!" said one more.

Thirty-one pages of debate followed. Mary Napoli understands the uploader's pain.

She posted a video called *Family Home Destroyed By Avalanche — Children To Blame*, which reportedly



Plays with flour? / YOUTUBE

showed her two sons blanketing her home in a five-pound bag of flour while she was in the bathroom.

Although the video was supposed to be for friends and family, it ended up getting almost four million views on YouTube — and plenty of negative responses from people who claimed it was a fake.

Her family even appeared on the *Today Show* on NBC to debate the authenticity of the video.

"I had people pinpointing, 'Oh she has flour on her pants,' and freeze framing the whole thing," she said to Metro.



Sings with mouth closed? / YOUTUBE

"Honestly, it was almost mostly negative feedback," Naopli added. "I had huge emotional problems over it. I was just doing it for family. I definitely have tougher skin for it."

She still maintains it is authentic.

Dr. Bonnie Eaker Weil, a New York City psychotherapist and author of *Make Up, Don't Break Up*, said that parents may be harming their children by falsifying a clip, especially if that child becomes an online celebrity.

"You can be teaching a child that lying and fabricating is OK," she said. "They



Shocked by Empire? / YOUTUBE

can grow up and become narcissistic and learn how to manipulate. It also makes them feel that the only way to be loved is to get attention in these ways," Weil explained.

Bashar Akhtar is another parent accused of fabrication. His son and daughter became stars after their video — of his son Faris' shocked face after he found out that Darth Vader was Luke's father — received more than 3 million views.

"Nasty comments were posted," he said, but maintains the video is true, and can prove it. "I don't think Faris or Shazia are that good

## Negative comments

### 'That boy is ugly!'

Parents, be careful what you post, and what your kids read about themselves.

Negative comments, especially those about appearance, can have adverse affects on children who may not understand the difference between reading comments online and real-world critique.

"Three million people are judging you. People can be mean and sadistic," said Naopli.

"What you want to do as a parent is talk about the bullying that happens on YouTube," she said. "YouTube (comments) are another form of a reality show."

This is another chance to tell children that (these comments) are not the real world, this is not reality."

actors!" he protests. "He loves Star Wars — and keeps trying to Jedi Mind trick his sister."

# 3

## LIFE

### Laundry evolution

## New Tide

It took eight years, 450 product sketches, 6,000 customer tests and hundreds of millions of dollars for Procter & Gamble to create something that it hopes will not be destroyed in the wash.

Tide Pods are palm-size, liquid detergent-filled tablets that are designed to be tossed in the washer to take the place of measuring cups — and messiness — out of laundry. The company says they'll hit stores next month.



### 100th Anniversary

## Girl Scouts

A century has passed and millions of Americans have taken the Girl Scout promise, sold Samoas and Thin Mints by the truckload and gone on to careers from CEOs to astronauts. As they celebrate their 100th anniversary, the Girl Scouts boast a record of progressiveness.



# Get ready to celebrate as iconic Oreo cookie turns 100 this week

**Sweet treat.** Cookie lovers can celebrate around the world and share their Oreo memories using Twitter and Facebook

For Oreo aficionados lamenting the level of effort it takes to twist open the three-layer creation before that fleeting moment of satisfaction where you sop up the small sliver of sugary goodness inside, this place is a revelation.

Here, in east-end Montreal, in the shadow of Olympic Stadium, lie the gigantic tubs where they make that elusive concoction of icing sugar, oil and vanilla.

In fact, this big concrete building is where all of Can-

ada's Oreo cookies are made — the place where more than one billion cookies each year are produced for enthusiasts coast-to-coast who have twisted, licked and dunked.

It's one of 21 Oreo factories in the world, and there's little about it that would identify it to a passerby as the place that launched a billion sugar rushes.

The Kraft Bakery on Viau Street is in fact so nondescript that most Montrealers are likely unaware of its existence — unless, that is, they catch a whiff of the sweet smell emanating from it.

The iconic sandwich-style delight is celebrating its centenary this week with celebrations planned around the world, including Canada, where the popular snack has been a staple in the pantry for more than 60 years.

Canada is Oreo's fourth-largest market — behind the United States, China

## A brief history

**Oreos were introduced to Canadians in 1949.** That's when the snack came north of the border as well as to Newfoundland and Labrador, which joined Confederation in March of that same year.

**The entire process of making the cookie takes about 90 minutes.** The design hasn't changed much since it was first sold in March 1912.

**Oreos are now sold in 100 countries around the world.** Last year, Oreos were introduced in Germany, India and Poland.

**Celebrations will be held in different parts of Canada.** To mark the occasion, a 100th-anniversary limited edition birthday cake version is in stores.



A worker keeps an eye on the cookie production line at Oreo's Montreal plant. /RYAN REMIOWZ/THE CANADIAN PRESS

## Is gambling affecting your relationships?



Ontario Problem  
Gambling Helpline  
1-888-230-3505  
www.opgh.on.ca



Ontario



and Venezuela. Kraft Foods says global sales of Oreo cookies are about \$2 billion yearly.

It's dubbed milk's favourite cookie but, according to the company, only about half of Oreo eaters prefer the popular "twist, lick and dunk" method of eating it.

According to that company research, it's a tradition more popular among women than men.

"The beauty of Oreo is regardless of where you come

from, people are very passionate about their favourite cookie," said Emmanuelle Voirin, senior product manager for Kraft Canada.

Even as they celebrate their centenary, the online debate over the quality of the cookies — mainly between North American rivals Canada and the United States — is well documented.

Voirin admits there are slight differences in the flavours, but that's a given for Oreos worldwide.

"We get a lot of Canadian ex-pats who live in the U.S. who ask us to send us the Canadian Oreo because that's the one they love," Voirin said.

"There are slight differences in flavours and that's really to reflect local flavour preferences in taste."

For example, in China, the popular version is green tea ice-cream flavour. In Latin America, there is a banana and dulce de leche-filled cookie.

"You don't turn 100 very often so we're making it a big event here in Canada," Voirin said.

Part of the celebration will include a heavy online presence inviting cookie enthusiasts to share their memories on a website.

Oreo has more than 25 million "likes" on Facebook, with fans in 183 countries including 40 in Vatican City. Canada alone has close to a million fans.

THE CANADIAN PRESS

## KIDS HAVE ALL MOVED OUT? SELL YOUR STUFF FOR FREE

metroclassifieds.ca  
1 800-527-6767

metro

2DCANADA INC.  
Technical Training and Consulting

## MICROSOFT EXCEL 2-DAY SEMINAR!

Want to learn Excel? Come to our special 2-day seminar March 22nd and 23rd at the Fairmont Chateau Laurier. Free lunch and beverages! You will learn most of the common features of Excel in an easy and hands-on way. Ideal for all beginner users. Call for details. Space is limited, reserve your spot in advance.



Microsoft Excel — March 22nd — 23rd  
Full-Day: 9:30AM - 4:30PM

Certificate awarded upon completion  
For beginners and intermediate users

Price: \$ 499  
(reg. \$699 — \$200 discount) must register before Mar 16

"Andrew's a fantastic teacher! I never knew I could learn so much so fast! I highly recommend the class."  
—Ana V, Lawyer

Find out more details about each of our unique courses at  
www.2DCanada.com or contact us at 613-670-5740 or  
sales@2DCanada.com





# Making snack time even more impressive just got easier



This recipe makes 48 wontons. THE CANADIAN PRESS H/O

**Spiced Avocado Wontons.** These crispy bite-sized eats will make great appetizers for any entertaining occasion

1 Place olive oil in skillet over medium high heat. Add onions and cook, stirring often, until softened, about 4 mins. Add cumin, salt, chili powder, cayenne and cinnamon. Stir to combine and let cook for 1 min.

2 Add ground beef and cook, stirring often, until browned 5 mins. Add red peppers and cook for another minute, breaking up bigger pieces of meat with a wooden spoon. Remove from heat. Sprinkle lime juice over avocado and add to meat mixture. Stir gently to combine.

3 Place equal amounts of meat mixture in the centre of each wonton wrapper, about 5 ml (1 tsp) each.

4 Dip fingers in water and moisten edges of won

ton. Fold wonton over to form a triangle, pressing edges to seal. Repeat with remaining wrappers and meat mixture.

5 Place 5 cm (2 inches) of oil in a medium saucepan. Place saucepan over medium heat. Working in batches, carefully put 5 or 6 wontons in oil and cook until golden about 40 seconds. Turn and cook another 30 to 40 seconds. If wontons get brown too quickly, lower heat a little bit.

6 Remove wontons from oil with a slotted spoon. Let drain on paper towels before

serving the dipping sauce.

7 Place avocado, sour cream, lime juice and zest in the work bowl of a food processor and blend until very smooth. **THE CANADIAN PRESS/ HASS AVOCADO BOARD**

## Ingredients

- 15 ml (1 tbsp) olive oil
- 125 ml (1/2 cup) diced onion
- 1 ml (1/4 tsp) ground cumin
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) chipotle chili powder
- 0.5 ml (1/8 tsp) each cayenne pepper and ground cinnamon
- 250 g (1/2 lb) ground beef
- 160 ml (2/3 cup) finely diced red bell pepper
- 15 ml (1 tbsp) lime juice
- 1 ripe fresh avocado, peeled, seeded and finely diced
- 50 count package wonton wrappers
- 50 ml (1/4 cup) water

## Dipping Sauce

- 2 ripe, fresh avocados, peeled and seeded
- 250 ml (1 cup) low fat sour cream
- 30 ml (2 tbsp) lime juice (or to taste)
- zest from 2 limes, optional

## Healthy eating

### Choose it and lose it



**ROSE REISMAN**  
for more, visit  
rosereisman.com

Chinese soups are delicious options for those craving something warm on a cold day. Watch for what's in the soup before you choose.

## Wonton soup

**452 calories/ 17 g fat**

The chicken broth is fine but the pork dumplings count in the fat and calories of this common Chinese soup.



## Equivalent

**10 oz. pork tenderloin in calories**

Jus one bowl of Wonton soup will cost you a lot in calories.



## Egg drop soup

**182 calories/ 9.5 g fat**

Even if two eggs are used in this soup, that would only account for 150 calories and about 8 gm of fat.



# Slapping a filter on bottled water

## Brita launches tap water campaign.

Aiming to cut down on environmental impact caused by millions of empty plastic bottles



**BEN KNIGHT**  
Life@metronews.ca

For millions of Canadians, drinking water comes down to this: filtered at home; bottles on the road.

But bottled water has become a significant environmental concern. Untold millions of empty plastic bottles overwhelm municipal recycling efforts — or simply end up in landfill.

In 2009, the Federation of Canadian Municipalities called on its member towns and cities to ban the sale of bottled water on all municipal property. But that hasn't dampened the overwhelming

success of the bottled-water industry. Demand is huge, and the volume of discarded containers continues to grow.

To counter this, the biggest name in home water filtering has produced a reusable water bottle — with a filter.

"One Brita Bottle can effectively replace as many as 300 500-ml bottles of water,"

says Soula Kioussis, director of marketing for Clorox Canada, the parent company of Brita.

"It's a great alternative to bottled water. It lasts roughly two months;

about 256 servings."

The Brita Bottle sells for around \$10, holds 20 ounces of water, and filters as you drink. Replacement filters cost \$7.99 for a two-pack.

"It was rolled out in July, 2011, and we've been happy with the success we've been having," Kioussis notes. "It's available across the

country in grocery and hardware stores, and it's relatively affordable."

Buying one bottle instead of 300 has to be good for the wallet. And Brita Bottles are fully recyclable, existing.

containing no BPA's or other dangerous chemicals. "We can take the benefit of what we've been giving consumers in their home, and now let them take it on the go," she says.

Reaction from the bottled-water industry has been muted — to the point of virtual non-

It's far from the first time the company has taken action against bottled water.

"In 2008, we launched the FilterForGood campaign, to encourage Canadians to drink tap water as opposed to bottled water, and educate Canadians on the impact of bottled water."

And since then, thousands of Canadians have taken the online pledge to reduce their bottled-water waste. Brita has also sponsored concerts, and the famous

## By the numbers

**60**

Statistics Canada's most recent estimate of litres of bottled water consumed by the average Canadian in a year. That represents sales worth \$652.7-million.



Sundance Film Festival, removing bottled water completely from popular, well-attended, high-profile events.



# APPLY NOW F/T WORK

## UP TO \$900 WK

PAID TRAINING INCENTIVE

IMMEDIATE START

No experience needed

Full Training provided

### CALL 613-288-5152

## Teach English Abroad

Begin living a meaningful Life.....



Spring TESOL Course  
March 20th - 25th

## Free Teach Abroad Seminar Tomorrow @ 4pm & 7pm

**United TESOL alumni office**  
University of Ottawa campus  
University Centre next to the bookstore



562-8370

**United TESOL**  
International College of Teacher Training

**Teach in:** Costa Rica, Japan, Mexico,  
Brazil, Kenya, Spain, Colombia,  
Peru, Egypt, China, Poland, etc...

**unitedtesol.com**

# You can have it all: He'll put money on it

**Recession to redemption.** Robert Meggy is finding a wealth of happiness in building a friendly, familial workforce



**TURNING POINT**  
Teresa Kruze  
life@metronews.ca

Robert Meggy is an accountant by profession but as a businessman he knows how to weather an economic downturn.

In 1982, Meggy bought the Great Little Box Company in Vancouver just before the recession took the knees out of the economy. His sales numbers plummeted overnight.

"It was like someone had turned off the tap. During the day I'd be operati

ng the machines and answering the phone and at night I'd write up the orders when we had them. It was an ugly time and I lost 15 pounds."

Meggy weathered the storm (and other recessions to follow) and today his company employs 250 people and is on target to make \$40 million in 2012. Meggy credits his success with assembling the right team.

"I run it like a group of friends and I walk around the plant every week and talk to as many as I can. We set yearly goals and measure progress every month. When you run an open book employees care more. Enjoy the people you work with because it makes a huge difference."

From this accountant, that is advice you can take to the bank.



Robert Meggy is the president and CEO of the Great Little Box Company / PROVIDED

### Budding business builders take heed!

Robert Meggy offers his advice to aspiring entrepreneurs:

- **People are your number one asset.** We conduct seven to eight interviews for each person we employ. You will make or lose \$50,000 to \$100,000 depending on who you hire.
- **Encourage feedback from your employees.** One thing employees really want is recognition and appreciation. We encourage one-on-one meetings with supervisors.
- **Measure everything.** Track the number of sales and cold calls. We measure machine speeds and how many pieces are made per hour. It all translates into efficiency and success.
- **Set yearly goals and measure them every month.** Have you ever met a golfer who doesn't keep score? It's no different for a company. If you measure and track everything you'll care more and have more interest in your company.

## Become a Health Industry Professional!

### Health Office Administrator - 41 Week Diploma Program

The **Willis College** Health Office Administrator Diploma Program is an intensive 9-month program designed to prepare students for a career in Health Care. Graduates of the Willis College Health Office Administrator program can work in hospitals, medical offices, rehabilitation centres, long-term care facilities and work-from-home opportunities.

**613-233-1128 • www.williscollege.com**

Ottawa • Smiths Falls • Toronto • Cobourg • Thunder Bay • Barrie • Sault Ste. Marie





# French is in fashion

**Knowledge à la mode.** One stylish, former student speaks to the importance of adding an extra language to a resumé



"Qui parmi vous parle français?" It was the first question posed to us on the first day of class.

The last word was stressed with typical Parisian repudiation, as if to welcome us and dismiss us simultaneously. The school director, well into her 70s, stood at the front of the class, lit a cigarette and waited for the response.

Of the hundred or so students assembled in the room, only a handful raised their hands. A few more then followed until just over three quarters of the room had raised their hands. Of the little French I had, all of it I had learned in Montreal.

Before moving to Paris, I moved to Montreal to enroll in a fashion design program



Can you read what's written here? Perhaps it's time to learn. / iStock

and to pick up as much of the language as I could. I could barely order a cup of coffee without garnering a smile from the girl behind the counter when I first moved to Montreal. Yet it seemed everywhere I went, people switched effortlessly between the two languages. It was truly something to admire and something to strive toward.

Street signs, television,

radio — everything became a method of instruction. Most helpful were the free newspapers distributed in the subway. My goal was five new words a day. I would figure out what they meant, write them on my hand and try to use them in conversation. That first day of school in Paris, I raised my hand. Admittedly not straight in the air, but it was a defining moment, nonetheless.

Over the next few months, however, I came to realize that my mother tongue would be just as important.

The school I attended was well-known for its connections within the fashion industry. All the major French fashion houses turned to this school first for interns, short-term work placements and to help out with fashion shows and showrooms — the sort of connections that every young designer hopes for. But for all these opportunities, it was a question of English.

"Est-ce que vous parlez couramment l'anglais?"

I believe that we Canadians are extremely fortunate to have the two most predominant languages of the fashion industry at our fingertips.

Time and again I have seen Canadians rise to top positions within the industry, with proficiency in these two languages playing a critical role.

The true scale of Canadian talent has not yet been seen on the international stage, and I strongly believe that language will be a vehicle that will enable this to happen. **NEWS CANADA**

## Internationally Trained Legal Professionals

Catholic Immigration Centre and World Skills are offering a **FREE** employment program dedicated to helping Internationally Trained Legal Professionals find alternative careers in Ottawa.

For details contact:  
Maria Teresa Garcia  
Tel.: **613-232-9634** ext. 389  
E-mail: **maria@clc.ca**



## Looking for Work Experience?



Are you...  
• living in the rural South end of Ottawa?  
• between 15 and 30 yrs of age?  
• out of school and out of work?  
**The Rideau-Osgoode Youth Retail Employment Program is a 23-week PAID work experience program. Call 613-820-4922 for more info!**

This project is funded in part by the Government of Canada's Youth Employment Strategy. **Canada**

## CONSIDER A CAREER AS A PARALEGAL

Did you know that to practice as a Paralegal in Ontario you must be licensed by the Law Society of Upper Canada (LSUC)? In order to write the LSUC licensing exam, you must graduate from a program of study accredited by LSUC.

The paralegal program at Algonquin Careers Academy is accredited by LSUC. The objective of this program is to provide both theoretical and "hands-on" training in the key areas of paralegal work and to ensure the student is prepared to successfully undertake the Law Society's licensing exam.

The need for well-trained, competent legal professionals has never been greater. Paralegals may find employment in a wide variety of workplaces, including:

- Government (Federal, Provincial, Municipal)
- Advocacy agencies
- As a Self-Employed Paralegal
- Law and Paralegal Firms
- Courts (Federal and Provincial)
- Legal Clinics
- Banks/Financial Institutions
- Insurance Companies
- Large Corporations



**PART-TIME EVENING CLASSES NOW AVAILABLE**

You can complete this program in less than one year by attending school full time, Monday to Friday.

This program can be completed part time through evening and weekend classes.

**ALGONQUIN CAREERS ACADEMY**

1830 Bank Street 613-722-7811 [www.algonquinacademy.com](http://www.algonquinacademy.com)

[www.ymcaywca.ca](http://www.ymcaywca.ca)

## Y Employment Access Centre

## Looking for work? We can help!

We offer a range of resources and supports to respond to any career and employment need.

We are open to all and there is no charge for services.

- Employment consultation, job search support and workshops
- A resource centre with a variety of tools and information
- Referrals to other community programs
- Access to government funded programs, for example Second Career

**Visit us at one of our locations:**  
Please bring photo ID and your Social Insurance Card

<p><b>180 Argyle Avenue, 4th Floor</b> </p> <p>tel: 613.788.5001 ext. 5123</p> <p><a href="mailto:YEACArgyle@nationalcapitalregionymca-ywca.ca">YEACArgyle@nationalcapitalregionymca-ywca.ca</a></p> <p>Monday-Wednesday 8:30am-4:30pm</p> <p>Thursday 8:30am-7:00pm</p> <p>Friday 8:30am-4:00pm</p>	<p><b>1642 Merivale Rd (Merivale Mall), 2nd Floor</b> </p> <p>tel: 613.688.2150</p> <p><a href="mailto:YEACMerivale@nationalcapitalregionymca-ywca.ca">YEACMerivale@nationalcapitalregionymca-ywca.ca</a></p> <p>Monday 8:30am-7:00pm</p> <p>Tuesday-Thursday 8:30am-4:30pm</p> <p>Friday 8:30am-4:00pm</p>
--	---

This Employment Ontario program is Funded in part by the Government of Canada

**EMPLOYMENT ONTARIO**

# TOO GOOD TO BE TRUE?

## IT PROBABLY IS. KEEP ONLINE FRAUDSTERS OUT OF YOUR HOME BY BEING AWARE

Who hasn't received an email from someone in a foreign country who says they need your help — and your bank account number — in order to get a huge inheritance out of the country?

Of course, it's a scam, warns Staff Sgt. Paul Proulx, manager of the Canadian Anti-Fraud Centre in North Bay, Ont.

March is Crime and Fraud Prevention Month, and the theme this year is online fraud.

"Computers are in over 80 per cent of homes today," says Proulx. "But computers can bring fraudsters into your home, too."

Online scams come in the form of pop-up boxes, legitimate-looking advertisements and emails sent directly to your inbox.

According to the Canadian Anti-Fraud Centre and the British Columbia Crime Prevention Association some of the most popular online fraud pitches being used today include:

- Sales of a service or merchandise by a third party.
- "You've Won a Big Prize."
- Emergency. Often targeted at grandparent, someone emails (or calls) pretending to be a grandchild in need of quick money.



ISTOCKPHOTO/THINKSTOCK

- Anti-Virus Scam. Someone claiming to be from Microsoft, for example, advises that there is a virus problem on your computer and offers to fix it — but you will have to provide remote access.
- Free loans ... once you fill out credit applications and pay a fee.
- Gold buying schemes to sell, trade or receive (unfair) returns for gold and jewelry.
- Anti-social network. Criminals collect information from social networks such as Twitter and Facebook.
- Penny auctions. Deals where you must set up an account and purchase bids with a credit or debit card.

The more you are aware of what to look for, says Carolyn Sinclair, executive director of the British Columbia Crime Prevention Association, Surrey,

B.C., the more you will recognize scams and exit the page, say "no thanks," or just delete.

Always be suspicious, says Sinclair. If you don't recognize the sender, don't

open the email. If you are going to engage in any transaction, validate it first.

"If it's too good to be true, it probably is."

Also, be sure your computer has the most recent spam filters, anti-virus and anti-spyware software and a secure firewall.

If you do become a victim of fraud, report it to the police or if it involves money being removed from a bank account, report it to your bank.

McMaster University research shows that only about five per cent of fraud victims actually report the crime.

Says Proulx: "In 2011, we're seeing that Canadians 60 to 69 years old were most victimized, but the highest dollar loss occurred in the 50-59-year-old group."

— Ylva Van Buuren

## PROMISING ADS

Have you seen information online or in newspapers promising visas and employment in Canada — for a price?

These ads are not likely legitimate. In fact, you don't have to hire an immigration representative to apply for a visa or for Canadian citizenship. Contact [cic.gc.ca](http://cic.gc.ca) for both advice and for visa application forms.



FAKE WEDDING PHOTOS  
INCLUDED

100%  
GUARANTEED  
JOBS

FOOL-PROOF  
DOCUMENTS

## DON'T GET CHEATED BY A CROOKED IMMIGRATION CONSULTANT.

Immigration fraud is a serious offense, and the Government of Canada is cracking down. If you use a consultant to help you with the immigration process, it's your responsibility to make sure they're honest. Find out how to protect yourself, and how to immigrate to Canada the right way.

[immigration.gc.ca/antifraud](http://immigration.gc.ca/antifraud)

1 800 O-Canada (1-800-622-6232) TTY/ATS: 1-800-926-9105



Citizenship and  
Immigration Canada

Citoyenneté et  
Immigration Canada

Canada



# WE ALL PAY THE PRICE

## YOU CAN REDUCE INSURANCE FRAUD BY BEING VIGILANT

When someone cheats, everyone pays.

When you buy insurance for your home, car or business, you put your money into a pool with many others to help the few who suffer financial hardship because of tragedy, such as fire or a car crash.

But what happens when criminals or cheaters take more than their share? Or even fake the whole event? We are all forced to pay more. It isn't fair — but it's a reality.

The Insurance Bureau of Canada (IBC), in partnership with member insurers, works to investigate and identify suspected fraudsters. Just this year, the leader of a crime ring who staged a dozen collisions and defrauded insurance companies of approximately \$1.5 million pleaded guilty in a Toronto court.

A collaborative effort between IBC, insurance companies, police and dedicated prosecutors connected the dots, allegedly linking body shops, towing



ISTOCKPHOTO/THINKSTOCK

companies and medical and rehabilitation clinics operating this scam.

While organized crime gets the press, many other forms of insurance fraud occur on a smaller scale, but still add up to millions of dollars. Because insurance is paying during these schemes, shady medical facilities often

bill for services never provided to a collision victim, or a contractor might pad a repair estimate for property damage. The person making the claim may not even recognize that he or she is part of a scam. But they are.

And then there is the smallest — and most pervasive — insurance crime of

## IT'S A CRIME TO:

- Make a claim for items not stolen or for items of higher value than those stolen.
- Include pre-collision damage in a claim.
- Exaggerate injuries to collect benefits.
- Make a claim for an event that never happened.
- Offer or accept "free" treatment for an injury unrelated to a collision.
- Charge an insurer for treatments that never happened.
- Encourage anyone to participate in insurance fraud.

all. Your neighbour's garage gets broken into and he starts bemoaning the loss of his high-end tools, although you could have sworn the drill you borrowed was the cheapest on the market. Lying on an insurance claim may not seem as bad as staging a collision or over billing, but it's all insurance fraud. And it costs everyone money.

You can reduce fraud by being vigilant and willing to speak up. If you are in a collision, be aware that everyone involved may not be above board. And if you suspect fraud, call IBC's tip line (it's anonymous). After all, fraudsters are stealing from the same pool that contains your hard-earned cash.



This example is based on a real fender bender

## Insurance fraud is cheating

Guess who pays the price?

Report it *anonymously*, toll-free, 24/7

**1-877-422-8477**

or submit a *confidential* tip online at

**www.ibc.ca**

IBC  BAC



# Panthers battle back to defeat Senators

Sunday's game

4

PANTHERS

2

SENATORS

Marcel Goc, Krystofer Barch and Mikael Samuelsson scored second-period goals and the Florida Panthers rallied to beat the Ottawa Senators for the first time in 10 games, 4-2 on Sunday night.

Jack Skille added a goal with 1:26 left, Jose Theodore made 23 saves, and Mike Weaver had two assists to help the Panthers beat the Senators for the first time since a 3-0 victory in Ottawa in January 2010.

Jared Cowen and Chris Neil scored in the first period for Ottawa, and Robin Lehner stopped 24 shots.

The Panthers took the lead on Samuelsson's power-play goal with 8:57 left in the second. Stephen Weiss passed from below the left circle to Samuelsson in front and he wristed the puck past Lehner.

Goc and Barch scored in a 2:21 span early in the second to tie it. Goc deflected Weaver's shot from the right circle over Lehner at 33 seconds, and Barch skated in on Lehner and beat him to the stick side at 2:54. It was Barch's first goal in 21 games.

The Senators opened the scoring on Cowen's goal with 6:37 left in the first. Cowen brought the puck off the side boards and fired a shot from about 10 feet inside the blue-line.

THE ASSOCIATED PRESS



Rob Klinkhammer collides with Florida's Jason Garrison. / BRUCE BENNETT/GETTY IMAGES

## World Cup slalom. First win in over forty years

No one saw it coming. Not even Erin Mielzynski, who delivered the race of her life Sunday to give Canada its first World Cup slalom victory in more than four decades.

"It's a little slice of heaven right now," said Mielzynski. "Right now I don't want the day to end. It's surreal."

The 21-year-old from Guelph, Ont., had never placed higher than 13th on the World Cup circuit but used a strong second run to deliver a breakthrough performance.

In the process, she became the first Canadian woman to win a World Cup slalom race

Winning time

1:53:59

Mielzynski's two-run total was one minute 53.59 seconds. Resi Stiegler of the United States finished second.

since Betsy Clifford in 1971.

"Today my goal was just to ski like I do in training," said Mielzynski. "I was a little nervous to do that because it's a little different than the way I race. I think that made the difference. I kind of let go of everything else and it was just me and the course."

THE CANADIAN PRESS

Curling championships

### Alberta joins Nova Scotia with a perfect record

Alberta's Kevin Koe joined Nova Scotia with three wins at the Canadian men's curling championship Sunday.

Koe thumped Quebec's Robert Desjardins 9-2 to finish the day 3-0.

Nova Scotia's Jamie Murphy beat B.C.'s Jim Cotter 5-3 earlier for a third straight victory.

Meanwhile, Ontario's Glenn Howard earned a 6-5 extra-end win against Brad Gushue of Newfoundland and Labrador.

THE CANADIAN PRESS

Spring training

### Bedard struggles against Blue Jays

Erik Bedard struggled with his control Sunday in a rough spring training debut with the Pittsburgh Pirates.

The left-hander from Ottawa gave up two runs in two innings in an 8-5 loss against the Toronto Blue Jays.

Bedard hit the first batter he faced, gave up a double to Travis Snider, walked two and struck out one.

Snider was 2-for-4 with 3 RBIs for the Jays. Blue Jays left-hander Aaron Laffey had a 1-2-3 first inning. THE ASSOCIATED PRESS

Football

### NFL to continue investigating bounties

The NFL plans to keep looking at plays from recent seasons after a league investigation found the New Orleans Saints paid bounties to players for knocking opponents out of games.

League spokesman Greg Aiello said in an email to The Associated Press on Sunday the NFL will be "addressing the issues raised as part of our responsibility to protect player safety and the integrity of the game."

THE ASSOCIATED PRESS

Golf

"It was tough today, especially seeing Tiger make a charge."

Rory McIlroy, who held on to win the Honda Classic despite a late push from Tiger Woods. Woods had a birdie-eagle finish for a 62 — his lowest final round ever — to get within one shot of the lead.





# A's get first look at much-hyped slugger

**MLB.** Cuba's Cespedes arrives at spring training with big expectations to go along with big contract.

After watching the YouTube promotional video of the five-tool outfielder with a sculpted body and freakish athleticism, the Oakland Athletics were eager to see Cuban defector Yoenis Cespedes up close.

"He's finally here," catcher Kurt Suzuki said. "We hear about the potential and the tools and all that stuff. I'm not just excited to see him hit but excited to see him working out with the team."

Cespedes didn't disappoint. The 26-year-old Cespedes (Yo-EHN-ess SES-peh-des) worked out with the Athletics for the first time Sunday. The slugger performed agility drills to measure his vertical leap and took batting practice with Manny Ramirez and Cedric Hunter during a session in

which he sprayed pitches to all fields and sent a couple of souvenirs over the walls.

He then shagged flies and signed autographs for fans on a day where there wasn't a spring training game at Phoenix Municipal Stadium in Arizona, just a spectacle.

"I'm very happy to be here because I feel I'm very close to my dream to play in the big leagues," said Cespedes, who played in Cuba's top league for eight seasons before defecting in 2011 to the Dominican Republic with his mother, an aunt and four cousins.

He'll take batting practice and focus on defence over the next week or so as he tries to get up to speed with his teammates who have been here for two weeks.

"I'll be ready in five or six days," he said.

The biggest question facing the Athletics is whether Cespedes will play left field or replace Coco Crisp in centre. Crisp has said he wants to stay put, but that's also Cespedes' natural position, and the Ath-

## Online sensation

Yoenis Cespedes' reputation preceded him thanks to a 20-minute video put out by his handlers that showcased his bat power and deft defence along with his 45-inch vertical box jump, 6.3-second speed in the 60-yard dash and 1,300-pound leg press.

- "I mean, it's hard not to be impressed with some of the stuff," A's GM Billy Beane said.
- The \$36-million, four-year contract is the highest ever for a Cuban defector, and a big splash for a low-budget franchise to land the slugging outfielder who starred for Cuba in the 2009 World Baseball Classic, where he hit .458 with two home runs and five RBIs in six games.

letics will want to do anything they can to help him feel comfortable as he adjusts to a new country and a new level of competition.

THE ASSOCIATED PRESS

To advertise, call:  
1 800 527-6767



Cuban defector Yoenis Cespedes puts on his Oakland Athletics jersey during a news conference in Phoenix on Sunday.

DARRON CUMMINGS/THE ASSOCIATED PRESS

## HELP WANTED

### General Help

\$120-\$360 CASH PAID DAILY FOR LIGHT LANDSCAPING! FREE TRANSIT PASSES, SCHOLARSHIPS AVAILABLE, CHOOSE YOUR DAYS, DAILY BONUSES.

Apply ASAP at [www.aceofbladesjobs.com](http://www.aceofbladesjobs.com) as room at our job fairs is limited or email [aceofbladesjobs@hotmail.com](mailto:aceofbladesjobs@hotmail.com). 1-855-695-5858

Place your ad in Metro classifieds  
**metroclassifieds.ca**  
**1 800 527-6767**

### General Help



We currently have positions for experienced

#### TELEPHONE SALES PROFESSIONAL

You must be a positive, enthusiastic, punctual, persistent and goal oriented individual! In order to increase our market share, you will get in touch with potential customers and offer them our outstanding and competitive all inclusive lawn care treatment plan. You will have to fulfill our company's objectives.

We offer a very attractive base

salary and commission plan.

Are you the right candidate?

If yes then we want to talk

to you!

Email your resume to:

[ottawa@forevergreencanada.ca](mailto:ottawa@forevergreencanada.ca)

or call (613) 730 9595 between

9:30am and 12:30pm

[www.forevergreencanada.ca](http://www.forevergreencanada.ca)

### Education



**NOW HIRING SECURITY GUARDS**

Up to \$18/hr  
No Experience Required  
Employment Guaranteed  
Ottawa: (613) 238-1812

### HOUSEHOLD SERVICES

### Cleaning Services

**Germaine's Cleaning**  
Have opening for new clients!  
References are available!  
(613) 446-4384

#### Simply Sparkling Residential & Janitorial Cleaning 613-443-7781

- Veterans Affairs Canada Service Provider • Your call will never be missed • 100% Satisfaction
- Committed to Quality • Award Winning Cleaning Teams • Celebrating 10 Years of Service

**Now Accepting New Clients In The Ottawa Area!**

### General Services

**M.A.C. PAINTING**  
High & Difficult To Reach Areas,  
Wall Paper Removal, Drywall Taping,  
Drywall & Plaster Repairs, Spray Painting  
Call Marc 613-252-3444

**Gotta old couch you wanna get rid of?**

Place your ad in Metro classifieds  
**metroclassifieds.ca**  
**1 800 527-6767**

**LOOKING TO MAKE A CAREER CHANGE?**  
Read metro work every Monday & Wednesday.

## Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

\$100 Panasonic Technics AV Controlled Stereo Receiver, 5 Cd Changer, Cassette Deck & 4 Brown Wood Speakers. Call afternoon/evening: 613-722-4930/613-219-5754

**2 IKEA ARMCHAIRS \$25**  
**ROUND TABLE w/LEAF \$20**  
**6" COUCH AND CHAIR \$150**  
**613-592-3036**

4 DRAWER DRESSER \$75  
6 DRAWER DRESSER \$100  
4 DRAWER DRESSER w/mirror & bench \$100  
**613-592-3036**

**BAKERY OR FULL EQUIPMENT FOR SALE**  
Please call:  
**819-351-5260**

**CEMETERY PLOT FOR SALE**  
Worth \$4500, Asking \$3500. In Capital Memorial Gardens. 1 plot is for 3 cremations OR 1 casket. Please call 613-723-8000

Contemporary dining room set features a table with 18 "butterfly leaf and thick legs. 4 chairs and a matching bench \$779.99 613-513-9434

Dell Inspiron Laptop; 15.4" screen; no scratches; excellent condition; running Windows XP Pack3 with Microsoft Office 2007 installed. Please call 819-246-5080

For Sale BLACK Iphone 4 32 GB with Otter Box Comes with charger. NOT attached to a contract. \$280.00 (613)314-3822

**FOR SALE Black Rack for a Full Size Box Pick Up Truck. Goes over the caddy. Please make an offer. Call Tony at 613-608-3753**

**GOLD SEATS:** Carolina Hurricanes vs Ottawa Senators. April 3rd - 7:30 pm; Section 115, row H; \$220 for the pair includes parking pass! Call 613-302-2323

**Ladies shoes, coats, leather jacket for a man,**  
**(613)722-6699**

Large Size bird cage with the stand Suitable for a small parrot or smaller bird. Best offer accepted (613)680-5344

Looking for a mobile home on its own lot Rent to OWN. On a bus route if possible. Call (613)422-3094

LOOKING for donations of any construction/renovation materials, such as toilets, sinks, ceiling fans, drywall, etc. Please Call Melodie at 613-315-5943 or Angele at 613-302-5943

LOOKING for donations of: Stuff for Children and Stuff for a Kitchen Melodie at 613-315-5943 or Angele at 613-302-5943

LOOKING FOR: Wii Console with Controllers with or without games **(613)861-0773**

**Love Seat Good Condition**  
Asking \$50  
**613-830-8165**

**PLANTS**  
**\$5-\$25**  
**613-592-3036**

Premier Elements 10 - Video Editing Software My cost \$147.00 Sell for \$110.00 PRICE IS FIRM **613-828-2928**

**SMALL FRIDGE \$50.00**  
**TV \$ 50.00**  
**DISHES FREE**  
**613-592-3036**

**Stereo with 2 speakers and much more**  
Please call for details  
**(613)722-6699**

Stylish Sofa Bed with a modern design features a sleek back, wide sloping armrests and metal legs. Dimensions: W90xD34xH32 \$399.00 Call 613-513-9434

TALL TV stand Black in color In great shape \$100 (613)731-3955

WANTED Empty containers I recycle small empty containers for home-made lotions, creams, lip balms & deodorants. To donate please call 613-263-5795

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 - MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.



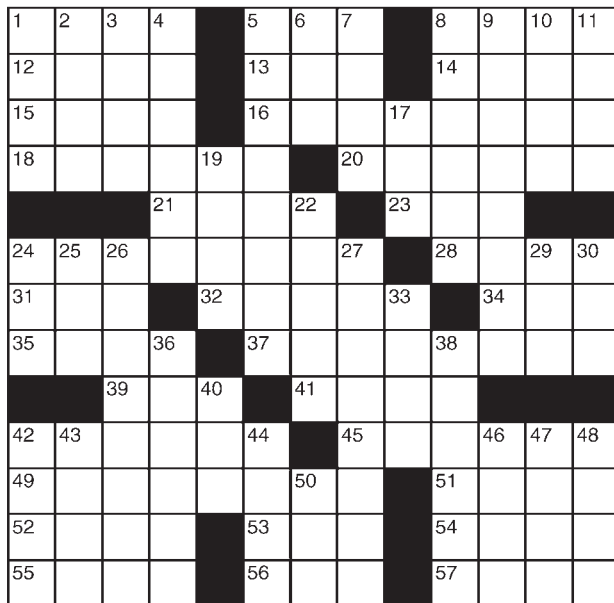
## Crossword

### Across

- 1 Gets a glimpse of  
5 Tree fluid  
8 One of the Three Bears  
12 "Gone With the Wind" plantation  
13 Actress Carrere  
14 Letter jumble (Abbr.)  
15 "Yeah, right!"  
16 Dig  
18 Soothe  
20 On an angle  
21 Tiers  
23 Homer's interjection  
24 Rough calculation  
28 Outlet  
31 "Humbly"!  
32 "Top Chef" network  
34 Cattle call?  
35 Bjorn of tennis lore  
37 Weaken  
39 Anger  
41 Leg joint  
42 Party souvenirs  
45 Standard  
49 Move to another country  
51 Crimson Tide, for short  
52 — -a-ling  
53 Auto fuel  
54 From the beginning  
55 Nervous  
56 Tummy muscles  
57 Camera part

### Down

- 1 Impale  
2 Facility  
3 Rocker Clapton  
4 Jungle expedition  
5 Good glasses  
6 — -en-Provence, France  
7 Treaty  
8 "Conditioned reflex"  
11 doctor  
9 Curse  
10 Cracker spread  
11 Elderly  
17 Help  
19 Bausch's partner  
22 Reeked  
24 Recede  
25 — Paulo, Brazil  
26 Prosperous  
27 Uniformity  
29 "To be or — ..."  
30 Sock part  
33 Sandwich cookie  
36 Needing more sleep, maybe  
38 Oral  
40 Make a mistake  
42 Big party  
43 In the thick of  
44 Long story  
46 Horse's neck hair  
47 Prayer ending  
48 Legislations  
50 Bill



For today's crossword answers  
and for expanded horoscopes,  
go to [metronews.ca](http://metronews.ca)

### Friday's answer



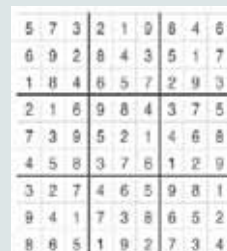
## Sudoku



### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Friday's answer



Today -9°/-18° Partly cloudy  
Tuesday -2°/-3° Variable  
Winning could be in your forecast! Visit us online for chances to WIN at [theweathernetwork.com/contests](http://theweathernetwork.com/contests)  
©The Weather Network 2012

## Horoscope

### ♈ Aries | March 21 - April

20. Make an effort to be nice to people this week and they will make an even bigger effort to be nice to you.

### ♉ Taurus | April 21 - May 21.

Venus moves into your birth sign today, bringing both love and luck with it.

### ♊ Gemini | May 22 - June

20. You can and you must banish all thoughts of failure from your mind today and throughout the week ahead.

### ♋ Cancer | June 21 - July 22.

You may get a bit emotional today. You may also find yourself saying words that would normally get

stuck in your throat.

♌ Leo | July 23 - Aug. 22. You won't be in the mood to try too hard today but that's OK because the people you live and work with will be happy to do things for you.

### ♍ Virgo | Aug. 23 - Sept.

22. You seem to be moving on a higher mental and emotional level than usual.

### ♎ Libra | Sept. 23 - Oct. 22.

No matter how badly you have fallen out with a friend or family member you can still patch things up — but you've got to act now.

### ♏ Scorpio | Oct. 23 - Nov. 21.

You are at one with the world — and the world is at one with you.

### ♐ Sagittarius | Nov. 22 - Dec. 21.

If life isn't moving exactly how you want it to move then you cannot be trying hard enough.

### ♑ Capricorn | Dec. 22 - Jan

20. Attitude is everything and your attitude is just perfect today.

### ♒ Aquarius | Jan. 21 - Feb

18. If your head tells you one thing and your heart tells you another it is your head you must listen to.

### ♓ Pisces | Feb. 19 - March 20.

You know that what you are doing is right. You know that you are on the right track. **SALLY BROMPTON**

## Send a kiss

• **My Deviously Handsome Superhero** I'm really glad you flew back into my life. I'm less damsel in distress and more WonderWoman this time around, no? I'm busy not making plans and living for the day, and each day seems to get better, especially with you in it. I don't know what tomorrow will bring, Superheros aren't clairvoyant....but I know that today was brilliant. That's good enough for me. From The Best Girlfriend in the World

• **tori prince michelle** hi turns its been a long time your away from home and Monday is a big day for me to see you again after two months. From jose

• **babes** requesting an email message from you. please. would like to chat and hear your voice. I would email you but am skeptical. From your babes.



## Caption Contest

"Just dashing through the snow."  
Douglas

CHARLES KRUPA/THE ASSOCIATED PRESS

## Win!



## You write it!

Write a funny caption for the above image and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

**NEED COOL  
DESIGN TIPS?**  
Read [metrohome](http://metrohome)  
every Thursday.



**QuestChat™**  
feel the rush  
**TRY IT FREE™**  
**613.232.4444**  
Other Cities 1.888.482.8282  
1.900.577.4444 • \$25/50min  
Dial #CHAT#(2428) 7B/HW  
Text "QUEST" to 96668 5/5/10min  
Free trial not applicable on #CHAT  
[questchat.com](http://questchat.com)





# MEGA AUTOMOBILE

## THE AUTOMOBILE SUPERSTORE!

UP TO 1000 QUALITY USED VEHICLES  
LOWEST PRICES GARANTEED!



### GREAT DEALS ON LUXURY CARS!



FREE IPOD WITH PURCHASE OF ONE OF THESE LUXURY CARS!

### GREAT DEALS ON FUEL SAVERS!



<b>08 Acura TL Type S</b> • NAV, Loaded, Lthr, Roof, Auto • st: 33430 • km: 56850 <b>\$24,850</b> \$222" Bi-weekly	<b>09 BMW 323</b> • Loaded, A/C, Lthr, Roof, Auto • st: 33127 • km: 51691 <b>\$25,850</b> \$231" Bi-weekly	<b>08 BMW X3</b> • AWD, Loaded, Lthr, Roof, Auto • st: 33285 • km: 51156 <b>\$29,650</b> \$264" Bi-weekly	<b>08 Wave</b> • Std • st: 32863-A • km: 42364 <b>\$7,750</b> \$72" Bi-weekly	<b>09 Kia Rio</b> • Loaded, A/C, Auto • st: 32437 • km: 63588 <b>\$9,820</b> \$91" Bi-weekly	<b>08 Cobalt LS</b> • Std • st: 33403 • km: 90824 <b>\$7,850</b> \$73" Bi-weekly
<b>08 LandRover LR2 se</b> • 4x4, Loaded, A/C, Auto • st: 32103 • km: 57516 <b>\$21,870</b> \$195" Bi-weekly	<b>10 VW Touareg</b> • 4WD, Loaded, Roof, Lthr, Auto • st: 32759 • km: 28556 <b>\$36,750</b> \$290" Bi-weekly	<b>08 Lincoln MKZ</b> • AWD, Loaded, Lthr, A/C, Auto • st: 33380 • km: 89589 <b>\$16,880</b> \$157" Bi-weekly	<b>07 Accent GLS</b> • Loaded, A/C, Auto • st: 33392 • km: 83450 <b>\$6,850</b> \$74" Bi-weekly	<b>08 Honda Civic</b> • Loaded, A/C, Auto • st: 33330 • km: 96012 <b>\$10,470</b> \$97" Bi-weekly	<b>07 Suzuki Swift</b> • Loaded, A/C, Auto • st: 33291 • km: 48697 <b>\$7,340</b> \$79" Bi-weekly
<b>08 Benz C300</b> • 4matic, AWD, Loaded, Roof, Lthr • st: 33099 • km: 79995 <b>\$26,840</b> \$239" Bi-weekly	<b>09 Lexus RX350</b> • AWD, Loaded, Lthr, Roof, Auto • st: 32858 • km: 45574 <b>\$31,870</b> \$284" Bi-weekly	<b>07 Benz ML320</b> • Diesel AWD, NAV, Roof, Lthr • st: 32168 • km: 72545 <b>\$32,680</b> \$339" Bi-weekly	<b>08 Toyota Yaris</b> • Std • st: 33259 • km: 85685 <b>\$7,850</b> \$73" Bi-weekly	<b>10 Honda Insight Hybrid</b> • Loaded, A/C, Auto • st: 31958-A • km: 53737 <b>\$18,800</b> \$155" Bi-weekly	<b>08 Hyundai Elantra GL</b> • Std • st: 33047 • km: 34056 <b>\$8,450</b> \$78" Bi-weekly
<b>08 Lexus IS250</b> • AWD, Loaded, Roof, Lthr, Auto • st: 29824 • km: 75146 <b>\$27,840</b> \$248" Bi-weekly	<b>11 Cadillac CTS</b> • Loaded, A/C, Roof, Lthr, Auto • st: 33433 • km: 35941 <b>\$29,850</b> \$235" Bi-weekly	<b>08 Benz B200</b> • Loaded, A/C, Auto • st: 32353 • km: 66500 <b>\$16,880</b> \$197" Bi-weekly	<b>07 Nissan Versa</b> • Loaded, A/C, Auto • st: 33103 • km: 53694 <b>\$9,960</b> \$107" Bi-weekly	<b>07 Pontiac G5 SE</b> • Loaded, A/C, Auto • st: 33309 • km: 93314 <b>\$5,750</b> \$62" Bi-weekly	<b>10 Suzuki SX4</b> • Loaded, A/C, Auto • st: 32918 • km: 52490 <b>\$11,750</b> \$97" Bi-weekly

## UNBEATABLE OFFERS ON ALL MAKES & MODELS

<b>08 HONDA ACCORD</b> LOADED, A/C, AUTO • 107112km st:32664-A • <b>\$13,750</b> • bw:\$128"	<b>09 FORD ESCAPE XLT 4WD</b> LOADED, A/C, AUTO • 87719km st:32729 • <b>\$16,460</b> • bw:\$153"	<b>07 VOLKSWAGEN JETTA CITY</b> LOADED, A/C, AUTO • 97048km st:33212 • <b>\$8,950</b> • bw:\$96"	<b>08 TRIBUTE</b> LOADED, A/C, AUTO • 76005km st:33192 • <b>\$11,830</b> • bw:\$110"	<b>09 OUTLANDER 4WD V6</b> LOADED, A/C, AUTO • 92155km st:11401-A • <b>\$16,890</b> • bw:\$157"
<b>07 TOYOTA RAV4 4WD</b> LOADED, A/C, AUTO • 94969km st:32215 • <b>\$15,940</b> • bw:\$171"	<b>11 MAZDA 3</b> LOADED, A/C, AUTO • 28520km st:32871 • <b>\$15,950</b> • bw:\$131"	<b>11 NISSAN PATHFINDER</b> LOADED, A/C, AUTO • 27056km st:32697 • <b>\$28,970</b> • bw:\$228"	<b>08 FORD FUSION SE</b> LOADED, A/C, ROOF, AUTO • 70497km st:33130 • <b>\$10,750</b> • bw:\$100"	<b>07 FORD F-150</b> LOADED, A/C, AUTO • 66106km st:31013 • <b>\$17,420</b> • bw:\$187"
<b>08 TOYOTA COROLLA CE</b> STD • 106753km st:33361 • <b>\$8,370</b> • bw:\$78"	<b>08 JEEP COMPASS SPORT</b> STD • 68815km st:32457 • <b>\$10,650</b> • bw:\$99"	<b>08 HYUNDAI SANTA FE GLS AWD</b> LOADED, A/C, AUTO • 92401km st:33044 • <b>\$14,950</b> • bw:\$136"	<b>07 TORRENT</b> LOADED, A/C, AUTO • 86920km st:32296 • <b>\$11,650</b> • bw:\$125"	<b>08 MAZDA 6</b> LOADED, A/C, ROOF, AUTO • 71472km st:33349 • <b>\$13,890</b> • bw:\$129"
<b>10 DODGE RAM 1500 4X4</b> SNOW PLOW, LOADED, A/C • 47909km st:33369 • <b>\$23,750</b> • bw:\$187"	<b>11 TOYOTA CAMRY LE</b> LOADED, A/C, AUTO • 49156km st:33164 • <b>\$18,550</b> • bw:\$153"	<b>07 DODGE CARAVAN SXT</b> LOADED, A/C, ROOF, AUTO • 83778km st:31931 • <b>\$9,970</b> • bw:\$107"	<b>08 SAAB 9-3 2.0T</b> LOADED, A/C, LTHR • 63386km st:33317 • <b>\$14,650</b> • bw:\$136"	<b>08 RONDO EX</b> LOADED, A/C, AUTO • 80213km st:33322 • <b>\$9,970</b> • bw:\$93"
<b>09 TOYOTA MATRIX S AWD</b> LOADED, A/C, AUTO • 89840km st:33256 • <b>\$13,950</b> • bw:\$129"	<b>10 EQUINOX LS AWD</b> LOADED, A/C • 63009km st:33050 • <b>\$18,850</b> • bw:\$155"	<b>11 TOYOTA SIENNA LE</b> LOADED, A/C • 59919km st:33138 • <b>\$25,890</b> • bw:\$204"	<b>11 SONATA</b> LOADED, A/C, MAGS, AUTO • 53683km st:32974 • <b>\$17,950</b> • bw:\$148"	<b>08 MAZDA 5 GS</b> LOADED, A/C, AUTO • 61843km st:33424 • <b>\$10,640</b> • bw:\$99"
<b>10 DODGE AVENGER</b> LOADED, A/C, AUTO • 55014km st:32736 • <b>\$12,950</b> • bw:\$107"	<b>11 MALIBU LT</b> LOADED, A/C, AUTO • 38421km st:33375 • <b>\$17,450</b> • bw:\$144"	<b>10 CHRYSLER 300 TOURING</b> LOADED, A/C, AUTO • 37776km st:32861 • <b>\$16,750</b> • bw:\$138"	<b>07 DODGE CALIBRE SXT</b> LOADED, A/C, AUTO • 82291km st:31790 • <b>\$8,780</b> • bw:\$94"	<b>11 LANCER SE</b> LOADED, A/C, MAGS, AUTO • 37161km st:33466 • <b>\$16,735</b> • bw:\$138"
<b>10 SENTRA XTRONIC CVT</b> LOADED, A/C, AUTO • 65580km st:33061 • <b>\$12,450</b> • bw:\$103"	<b>07 SPORTAGE LX 4X4</b> LOADED, A/C, ROOF, LTHR • 92126km st:33396 • <b>\$11,870</b> • bw:\$127"	<b>09 NISSAN XTERRA 4WD</b> LOADED, A/C, AUTO • 41466km st:31671 • <b>\$22,860</b> • bw:\$204"	<b>11 IMPREZA WRX AWD</b> LOADED, A/C • 1502km st:33195 • <b>\$29,650</b> • bw:\$234"	<b>07 VOLVO S40</b> LOADED, A/C, LTHR, AUTO • 81404km st:32486 • <b>\$14,870</b> • bw:\$160"

ARE YOU EMPLOYED  
BY FEDERAL, PROVINCIAL OR  
MUNICIPAL GOVERNMENT?  
IF YES, FINANCE YOUR VEHICLE AT MEGA &  
RECEIVE OUR BANK COMMISSION OF UP TO

**\$500**

[www.megaautomobile.com](http://www.megaautomobile.com)

1261 ST. JOSEPH BOULEVARD, GATINEAU 819.770.2277

JUST 5 MINUTES FROM DOWNTOWN OTTAWA.

OPEN 8 DAYS A WEEK - BILINGUAL STAFF

Disclaimer: Bi-weekly payments include all taxes. \*60 months (130 payments) \*\*72 months (156 payments) \*\*\*84 months (182 payments) at 6.5% (minimum \$20,000) and 7.9% (Minimum \$10,000) with \$0 down payment, OAC. Freight and reconditioning (if any) included. †Prices do not include taxes and license. 2nd chance financing is not eligible for \$1000 Cash Back. Contact Mega Automobile for details. Vehicles may not be exactly as shown.